

정신분석적 관점에서의 불안

박 용 천

Psychoanalytical View of Anxiety

Yong Chon Park, MD, PhD

Department of Neuropsychiatry, College of Medicine, Hanyang University, Hanyang University Guri Hospital, Guri, Korea

ABSTRACT

By the influence of the descriptive approach of DSM-III, the anxiety became the same thing as the anxiety disorder to the clinicians. This unfortunate result sacrificed psychodynamic model of symptom formations and simplified the anxiety as one of the disease entity not as the overdetermined symptoms. These phenomenon awakened the psychoanalytic interest which was in sleep.

Freud was the first major articulator of the basic significance of anxiety in human behavior. He attributed the particular quality of the anxiety experience to the trauma of birth, and subsequently to the fear of castration. Such classification of the anxiety according to the psychosexual development is helpful for the clinicians in understanding the origin of anxiety which the patient shows during the psychotherapy. The other analytical view of interpersonal psychoanalysis came from Sullivan. A large part of his therapy is taken up with recognizing and correcting parataxic distortions that interfere with realistic self-appraisal of events and of oneself in relation to others.

Perhaps no explanation is the "most basic" explanation for human anxiety. Anxiety is a multifaceted entity consisting of aspects of realm of discourse. Existential anxiety is inescapable in Western culture but it can be transcended by the cultivation of mind in Eastern culture. The analysts need to stay attuned to their own propensities for anxiety and must permit their own experiences with anxiety to be the grist for the psychotherapeutic mill. (Anxiety and Mood 2005;1 (1):14-17)

KEY WORDS : Anxiety · Psychoanalysis · Freud · Sullivan.

서 론

DSM -

DSM

Gabbard¹가

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Address for correspondence

Yong Chon Park, M.D., Ph.D., Department of Neuropsychiatry, College of Medicine, Hanyang University, Hanyang University Guri Hospital, 249 - 1 Gyomoon - dong, Guri 471 - 701, Korea

Tel : +82.31 - 560 - 2273, Fax : +82.31 - 554 - 2599

E-mail : hypyc@hanyang.ac.kr

가

(helplessness)

본 론

Freud가 본 불안

(experience of trauma)
(signal anxiety)

가 가
가⁴

가
(think) (feeling)

Freud가² Freud 1890
가 (dammed -
up libido)가

가
(actual neurosis)

가 (neurasthe-
nia), (hypochondriasis), (anxiety
neurosis) Freud
1926

(Fear of loss of love)

가 2.5~3 (ob-
ject constancy)

(helplessness), Rank

가

(signal anxiety)
Freud³ “ ”
(psychoneurosis) 가⁴
(hysteria), (phobia), (obses-
sional neurosis) 가

Freud의 발달단계에 따른 불안

Freud 가

(Fear of loss of object, se- (Castration anxiety)
paration anxiety) 5~6

6 가 가

. Klein
 가
 . Kohut
 가 (primary anxiety)
 () (mirroring response)
 (Superego anxiety) Sullivan이 보는 불안
 4 Freudian, (object relation),
 가 (self psychology), (interpersonal) (interpersonal psychoanalysis) Sullivan
 Sullivan
 가 가 . Freud (libido)가
 Sullivan (anxiety) . Sullivan (self esteem) (self regard)
 가 . Freud (defence mechanism)가
 Sullivan (security operation)
 . Sullivan
 가 가 가
 가 .
 가 가
 가, Sullivan 가 3
 가 (prototaxic mode) 가
 가 가 가 3~
 4 3 (parataxic mode)
 100%
 .
 가 가
 가
 Freud (syntactic mode)

(consensual validation)

가가

가

Sullivan

가

가

(parataxic mode)

가

가

불안에 대한 Freud와 대인관계 정신분석(Interspersonal psychoanalysis) 관점의 비교⁶

Freud

가

가

가

가

Freud

(,

) 가

결론 : 불안의 의미

가

가

정신치료적 활용

가

(partici-
pant observer) ⁷

(partici-

가

중심 단어 :

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